

HOMESPUN #3

the dry zone

Hi. Welcome to Honespun #3. I've been experimenting with quarter format size in zines, let me know what you all think. Do you prefer the half size format that was used for issue 1 and 2?

Issues 1 and 2 are still available at CSDISTRO.COM and a few other, fine distros. Go to C/S and order some zines, or buttons, look around. You'll find a big selection. I'm always looking for cool, new and fresh zines to carry.

It took me forever to get this issue out because I started several different jobs--working one full time right now and one part time, as well as moving and general kid/single mother duties.

Winter turned 2 in June, and that baby girl is so long, no one believes she is only 2. She has a mind of her own too and her own little attitude. J River is doing great too, he's working on a comic/zine that will probably be done when this issue of Honespun gets printed. If your kid does a zine, hit us up and we'll arrange a trade. Your kid and my kid can also do pen pal sort of mail exchanges, he really wants mail, wants to be just like his mama.

I'm also taking time out and trying to organize my zines and crafts, and basically let go of some of the clutter I have. Starting with getting rid of stuff, donating to local churches/banks as well as frequent garage sales. But it seems no matter how many garage sales I have and no matter how many trips I take with large black garage bags full of clothes, I still have way too much stuff. I don't know how I got to the point where I don't have belongings but stuff and junk. Grade A packrat.

TIPS

*tips have been culled from the know how of my mom, myself + personal experience, reading magazines & looking for answers online, for example how to take wax out of carpet? Which leads to another point-don't let your kid blow out your pretty heart decorated candles because the wax will end up on the carpet. *And don't leave kids alone with candles! Kids are attracted to fire and accidents!

And I did find the answer to that one, which later I asked my mom and she already knew how to remove wax. chalk it up to experience, I was what you could say a precocious (read terrible, always "experimented") kid.

Apply a paper towel or brown paper bag to wax. Apply iron, making sure not to burn the paper. Lift and repeat. The wax should absorb into the paper. Any leftover can be scraped off gently with a butter knife, since the heat would have softened up the wax.

after a night of drinks and fun no sleep because your little one is sick-try this. Make some tea from tea bags (tea is good for many reasons). Drain the bags, cool and place on eyes for 15 minutes. Very soothing. Don't forget to drink the tea!



It just so happens that I've found myself without a cook top, stove or hot water for a few months. Living in South Texas, one doesn't necessarily need hot water for baths, though for little ones cold water baths might not be a good idea..

A microwave is your friend when you don't have a stove top. Quick to heat things up, defrost, steam.

Micro ondas to make/heat food does has it's proposed danger that one must take into consideration, and hardcore cookists (is that even a word) shun micro ondas. I say, you use what you have at your disposal. Some who don't have access to a cook top and/or oven will find creative ways to cook and create meals for themselves and loved ones. Let me get off my soapbox now--- heating water up, zap for 2-3 minutes. As you know hot water is an effective aid in removing blood and oil stains and nasty germs. Heat water up in the micro ondas this way for washing dishes and when you're washing by hand and need to soak tough stains.

One thing to be learned, do not try to boil eggs in a microwave. Just don't do it! Even in you read somewhere on the net that it can be done safely by pricking the egg. Scrambled eggs do come out okay, if you stop and mix often to avoid one big blob of egg. Back to hard boiled eggs, Don't do it. They become little bombs and blow up in your microwave. Tough to clean up too.

Rice comes out semi-okay. It's all about checking frequently and having enough water in your bowl. Use the same 2/1 cup ratio you would normally use in a steamer or cooktop. 2 cups water=1 cup rice.



Q I've also been known to heat water in a mug for instant coffee-- when in a hurry or for tea. Make sure your container reads microwave safe, because again, you'll have a disaster on hand. I speak from personal experience.

Other kitchen appliances are important when you don't have a stove or oven and can be used creatively too.

Q Coffee Maker: coffee, tea, heating water for other foods or for baths. Those large 40 cup carafes are good for baths. Fill up bath with a little tap water, pour your hot water in and add more tap water to "taste." A bucket is good too for lathering up and rinsing. You won't believe how much water you'll save when you bathe with a bucket. Think of when you shower you have the water turned on while you get the shampoo, adjust the temperature, rinse your undies or what have you. I have bathed, washed by hair, rinsed my hair and still have half a bucket of water to spare.

Rice Steamer: yum rice. You can also steam veggies. Mine busted a few weeks ago, so that sucks. Time to look for one on sale or at a garage sale.

Slow Cooker (Crock Pot is actually a trademarked brand name as Xerox is.) Several different brands and variations exist. Some with different settings and some that have a removable ceramic insert, which is cool for cleaning-I have 2, one large and one small-but none of those. The one with the removable insert is great for cakes and pudding breads too. You can still make these in the regular ones but they're difficult to remove if you want to remove them. Sometimes I'll just make pudding cake and spoon it out.

Cherry Chocolate Crockpot Dessert

I made this. It's thick-we spooned it out and into bowls *rather than slicing*, too chocolaty for my sister, just right for me.

A very chocolaty-cherry dessert, that works well in the oven too.

1 (21 ounces) can cherry pie filling

1 package chocolate cake mix

1/2 cup butter

12 servings

3 hours 5 minutes 5 mins prep


Place pie filling in slow cooker.

Combine dry cake mix and butter.

Sprinkle over filling.

Cover and cook on low for 3 hours.





Three-Berry Muffins

On Saturday morning there's no reason that everyone has to arrive at the breakfast table at the same time -- and no reason for you to play short-order chef for the whole crew. So have the following help-yourself treats on hand to greet early risers and sleep-in snoozers alike.

Makes:

6 to 8 extra-large or 1 dozen regular-size muffins

Ingredients:

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 Tbs. baking powder
- 1 cup mixed berries (strawberries, raspberries, blueberries), cut in chunks if large
- 1 egg
- 3/4 cups milk
- 1/3 cup safflower oil


Instructions:

Step 1: Heat oven to 400° F.

Step 2: In a large bowl, mix flour, sugar, and baking powder. Add berries and stir to coat them.

Step 3: In another bowl, beat egg, milk, and oil together. Add to flour mixture, stirring only until ingredients are moistened.

Step 4: Spoon mixture into buttered and floured tins. Bake about 25 minutes for regular-size muffins, 35 to 40 minutes for extra-large muffins. Muffins are done when a toothpick inserted in center comes out clean.



OLD CLOTHES?

1st, donate donate donate.

If it's useable, donate. Churches or local organizations usually accept clean clothes in good condition, or hold a garage sale if you're strapped for cash.

Save buttons, zippers and trim for other projects - even if you don't sew. Kids can have a lot of fun with them.

Buttons never throw away buttons! Think of the projects. Once you've removed trims and cut away seams, you're left with a perfectly useable piece of cloth.

Use a piece tied over a regular broom to sweep down cobwebs and clean dust from windowsills and so forth.

Use real rags in a "rag" mop. If you have the kind you can change mopheads on, you can put rags on it instead.


Make washcloths or hand towels from worn bath towels just by hemming them. If you have a serger, use that. You can hem them by hand.

Make napkins from the backs of worn shirts. Just cut a square and hem it. Worn long sleeve button down shirts can also be turned into aprons.

Cut plain old cleaning rags from the worst of it. Designate some as "throw away" rags and use them in place of paper towels for nasty jobs.

Soft materials such as knitted t-shirts make excellent, washable substitutes for "facial tissues." Remove makeup with them and quit staining your wash cloths.

Don't want to throw that sweater or top because you love the color or because it has sentimental value? Cut out a square and put it in a photo frame or tack it onto a canvas.



Ideas in Denim

Things to Do With your Jeans

Glitter fabric paint-

---get some glitter fabric paint and put a small amount on your fingers. Take your jean jacket or pants and rub the paint into the fabric with your fingers. If you match the color of the paint to the color of the denim it will just let the glitter show. The paint bonds it to the fabric.


Bleach -

---Take a stencil and place it on your denim. Make a paste of bleach and flour and dab it on the denim through the stencil. Let it sit on the denim for 20 minutes and wash off
(I tried this, cute pattern transfer).

get some cute fabric and cut it into shapes and then patch them, or get some like real patches from the thrift store and sew them on. Or another cool thing I've seen people do is get some denim and put it on as a patch

cuff-

measure your wrist or your child's, cut out enough jean material plus about 2 inches, then either secure with safety pins or with eyehooks. I made one for me and decorated it with studs and it was secured with a big safety pin. My 5 yr old son claimed it as his own. I also made another one for me--this one was pretty wide, sewed on pretty pink decorative trim down the middle, sewed on some seashells and let the edges of the fabric unravel a bit. Now my daughter wears it. I had leftover decorative trim and used it to decorate the bottom of a pair of jeans- I cut to Capri length. Nifty set.




OTHER STUFF

Cut out the back seat of a pair of jeans, and tack up on your wall. My mom uses this to hold odds and ends, pin things up, and such.

Those legs from the jeans can make easy bags, try your hand at them! Our use the denim for pillows and leave the edges raw.





THE GREEN THUMB

Chamomile tea is an excellent cure against damping off and fungal diseases. Make tea and use it to water your plants or spray infected foliage

Eggshells are great source of calcium. Boil an egg, during the boiling process all the calcium will blend with the water. When the egg is ready let the water cool and water your plants with that water.

You can also use leftover coffee to water your plants, but make sure to dilute it first. A solution of 1 part coffee to 4 parts water. Use the solution on plants once every other week. If the coffee is weak to begin with, use 1 part coffee and 2 parts water.

Coffee by-products can be used in the garden and farm as follows:

Sprinkle used grounds around plants before rain or watering, for a slow-release nitrogen.

Add to compost piles to increase nitrogen balance. Coffee filters and tea bags break down rapidly during composting.


Dilute with water for a gentle, fast-acting liquid fertilizer. Use about a half-pound can of wet grounds in a five-gallon bucket of water; let sit outdoors to achieve ambient temperature.

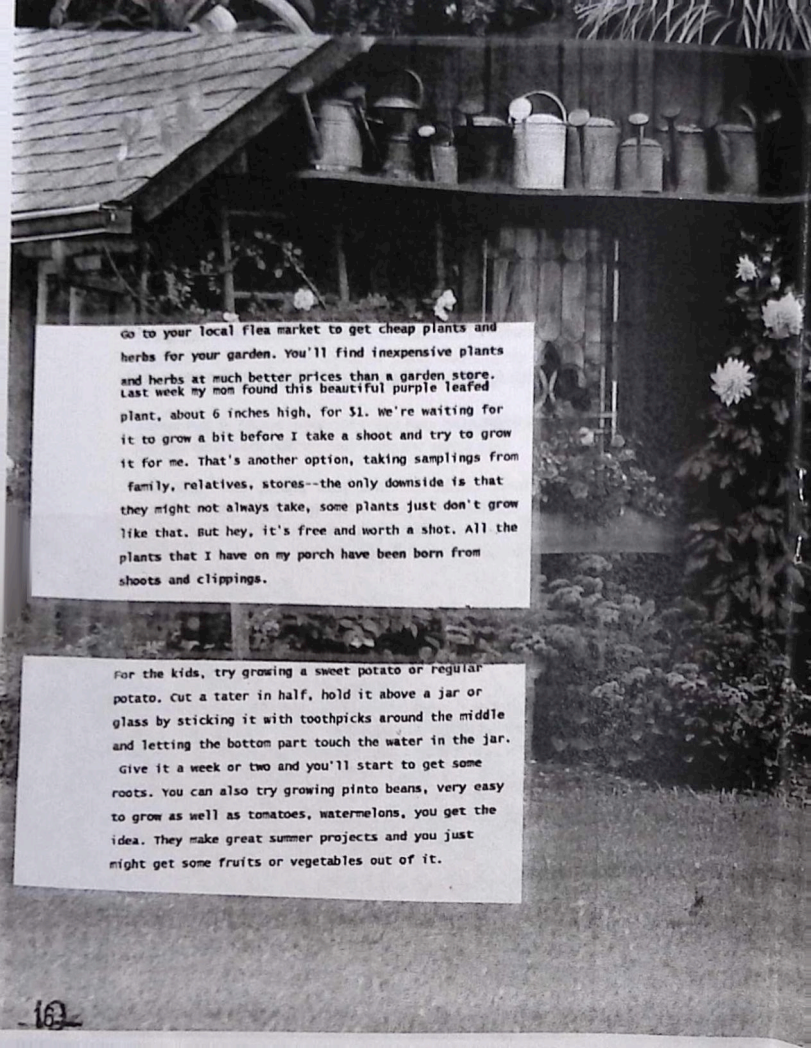
Mix into soil for houseplants or new vegetable beds.

Encircle the base of the plant with a coffee and eggshell barrier to repel pests.

If you are into vermi-posting, feed a little bit to your worms

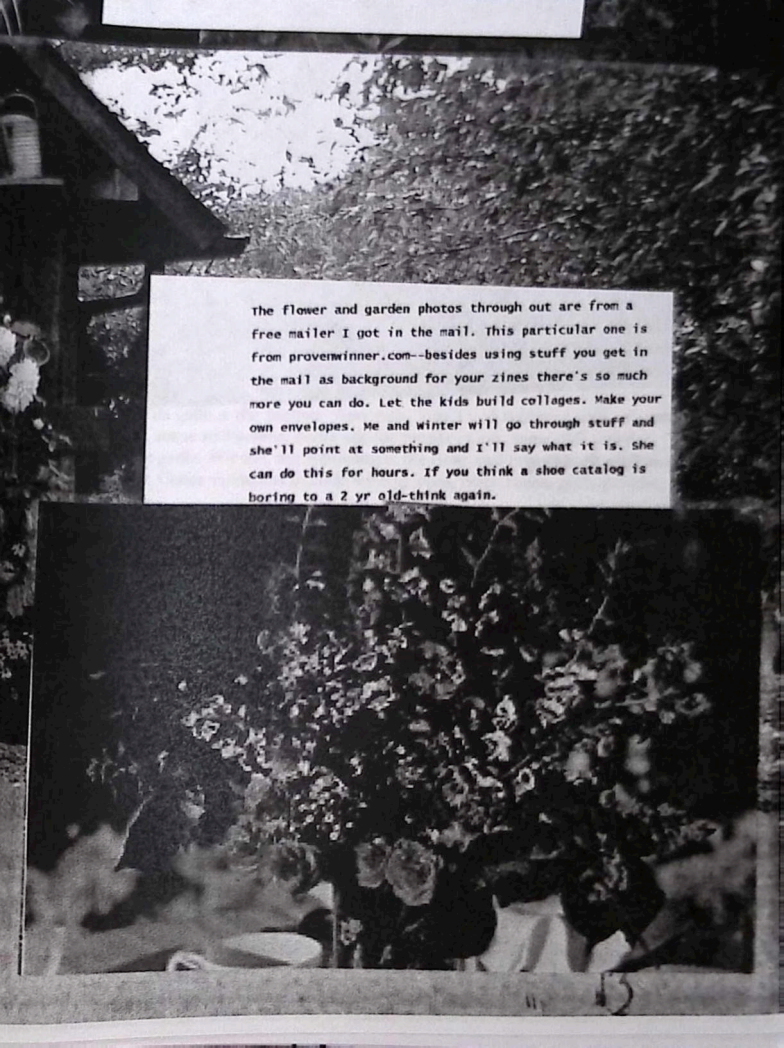
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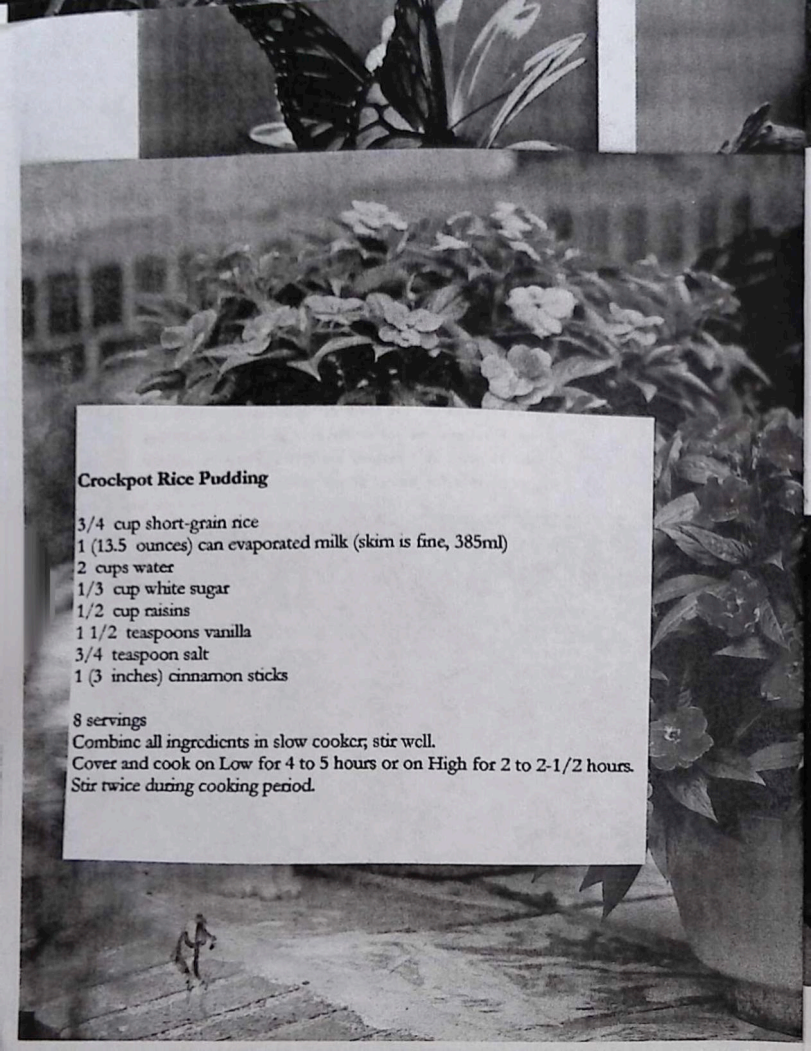
Go to your local flea market to get cheap plants and herbs for your garden. You'll find inexpensive plants and herbs at much better prices than a garden store. Last week my mom found this beautiful purple leafed plant, about 6 inches high, for \$1. We're waiting for it to grow a bit before I take a shoot and try to grow it for me. That's another option, taking samplings from family, relatives, stores--the only downside is that they might not always take, some plants just don't grow like that. But hey, it's free and worth a shot. All the plants that I have on my porch have been born from shoots and clippings.

For the kids, try growing a sweet potato or regular potato. Cut a tater in half, hold it above a jar or glass by sticking it with toothpicks around the middle and letting the bottom part touch the water in the jar. Give it a week or two and you'll start to get some roots. You can also try growing pinto beans, very easy to grow as well as tomatoes, watermelons, you get the idea. They make great summer projects and you just might get some fruits or vegetables out of it.



The flower and garden photos through out are from a free mailer I got in the mail. This particular one is from provenwinner.com--besides using stuff you get in the mail as background for your zines there's so much more you can do. Let the kids build collages. Make your own envelopes. Me and Winter will go through stuff and she'll point at something and I'll say what it is. She can do this for hours. If you think a shoe catalog is boring to a 2 yr old-think again.





Crockpot Rice Pudding


- 3/4 cup short-grain rice
- 1 (13.5 ounces) can evaporated milk (skim is fine, 385ml)
- 2 cups water
- 1/3 cup white sugar
- 1/2 cup raisins
- 1 1/2 teaspoons vanilla
- 3/4 teaspoon salt
- 1 (3 inches) cinnamon sticks

8 servings

Combine all ingredients in slow cooker; stir well.

Cover and cook on Low for 4 to 5 hours or on High for 2 to 2-1/2 hours.

Stir twice during cooking period.



Pico de Gallo

Pico de gallo is the bestest. Yum yum. You'll find different ways of making pico, some add jicama, some ask for purple onion, some chili powder, some garlic. For me, the following is the basic and pretty much all you need. Other variations include adding: corn, black beans, garlic powder,

6 medium Tomatoes diced

1 medium Onion diced


1/4 cup fresh Cilantro chopped.


2 to 4 Fresh serrano or jalapeño seeded and minced

8-10 limes

Salt to taste

Put all **ingredients** in a bowl squeeze lime juice, mix well. Pico is better when chilled. Eat with everything, chips, white rice, tacos, beans, Mexican rice. I just read one recipe online where they **BLENDED** pico in a blender. That to me is a travesty.





Borracho Beans

Ingredients:

- 1 pound Pinto Beans
- 6 strips Cooked Bacon (for vegetarian, just don't add this or add your favorite fake meat)
- 1 (12 ounce) container prepared pico de gallo*
- 1 (12 ounce) can beer, regular or nonalcoholic

Directions:

1. Cook beans according to package instructions.
2. After **exactly** 1 hour and 30 minutes of cooking the beans, add the bacon, prepared pico de gallo and beer. Continue to cook the beans uncovered for the additional 30 minutes or until beans are tender. Serve immediately or refrigerate overnight.



I've been trying to organize my crafts and zines. They thing is, I forget what I have so I'll come upon a box with some random thread or special glue or a pack of butterfly appliqué's and I'll go "oh yeah, I was going to do something with that."

There's boxes everywhere-my room, under the bed, the closet, the shelves in the closet,

under the desk in my room, on top of the desk--as well as boxes in the computer/kids room/my office area. For zines, I've been placing all those that I wrote or compiled in

to decorated boxes and placing them in a shelf next to my next. I'll decorate a box and tape the name of the zine on the outside, so it can be all handy when I get an order. For the boxes, I use basically any good sized box. Small boxes like those that telephones come in are good, also those oatmeal packet boxes. You can live the outside as is or tape some pretty recycled wrapping paper or magazine pages to the outside. Cutting off the flaps and maybe even cutting the box in half or about three quarters is helpful for zine sizes. I also reinforce the edges and sides with packing tape.

I've also slowly dividing all my boxes and bags that are filled with zines and crafty stuff and knick knacks and putting everything in it's own place.

The boxes/stacks are divided in the following:

- zines to keep
- zines to give away
- glue sticks/ tape/ glue/ scissors/paint brushes/stickers.
- scraps of reusable paper for notes
- envelopes for reuse
- sentimental letters/postcards/mementos to keep
- flyers & stickers to add to orders/ stamps & ink pads & decorative punches.
- magazines, inserts, old planners for DIY.
- paper/reusable for kids
- sewing crafts threads/needles, yarn/appliqués/glue gun/patches.

I've only started this and I do a tiny bit every so often because I do want to get it done and hopefully use my closets as closets and not storage areas.

There's some great D.I.Y. zines out there. Here's a few that I recommend. Do you do a DIY Zine? Send one over and I'll include it in the next issue.

✓ currently available at C/S Distro.

✓ **Stale Cake** by Ashley Sue, PA.

A cute little diy zine including yarn specs on knitting a hat, crafting, a skirt tutorial, birthday crafts, and yes-even recipes for meat eaters. Strange but true. Ashleysue@gmail.com

C/S Distro and Fork 'N Spoon-
www.retrobugs.com/forknspoon

✓ **Stolen Sharpie Revolution:**

super edition of SSR is packed with even more informative stuff for all you'll zinesters future zinesters and distro owners and those who want to run a distro. Craft stuff, book tours, how to put out a record, block printing, papermaking, bookbinding, silk-screening, letter writing 101, zines into books, plus distro listing and more! I am constantly referring to this.

C/S Distro and microcosmpublishing.com

✓ **Homespun:** The DIY Zine. Issues 1 & 2 available at csdistro.com

This very zine! Open submissions! Send your recipes, tips, crafty ideas and Kid friendly projects.

homespun.csdistro.com

C/S Distro and other fine distros.

✓ **D.I.Y. Bath and Body**

It covers the chemistry of soap and dangers of lye, the equipment you'll need, what the ingredients do and where to find them. The instructional is very matter-of-fact - a "how to break the rules" tutorial because so many soap instructionals are way too complicated. After that, there are 9 different vegan soap recipes, whose additives and "fun stuff" can easily be swapped with other soap bases. Bonus instructions for vegan lip balm & body butter, and a useful list of resources/books and where to find ingredients (especially vegetable wax, which can be hard to track down and is the biggest obstacle to making vegan balms). C/S Distro. Brooke's site is at <http://villainess.net/actress>

✓ **Cheap Vegan**

a newsletter zine packed with info on how to eat cheaper and humanely. By Stephanie of Fork 'N Spoon.

C/S Distro and Fork 'N Spoon-
www.retrobugs.com/forknspoon

✓ **Facts about menstruation that every woman should know**

This cute little zine talks to us frankly about our periods, put together by Sarah of Root zine, among other projects. You'll find the 411 on menstruation, cycles, tampons, making your own pads, cramping and so much more. an art project and informational zine.
C/S Distro and Fork 'N Spoon-
www.retrobugs.com/forkinspoon

✓ **Hot Pants: do-it-yourself gynecology-herbal remedies**

An informative diy zine. Disclaimer from zine: this booklet is not intended to provide diagnose or prescriptions. It is an information guide to help you better understand your body and health. Keep in mind that plants are not drugs, though they can be very powerful, and their effects cannot be guaranteed as they vary from woman to woman. The remedies contained in this booklet are based on personal experiment of the authors, however, they cannot be held responsible for any adverse effects resulting from the use of these treatments. If in doubt, do not hesitate to consult an herbal practitioner, naturopath, physician or gynecologist. If you don't plan on using the remedies, the info here is still very good to know.
C/S Distro

The Rabbit Fodder Addict #1

20 pages of easy vegan recipes! it includes: Holy Crap! Hummus, "Screw Jell-O" Pudding, Rico Smoothie, Snowballs From Hell and other goodness!

Fork 'N Spoon-

www.retrobugs.com/forkinspoon

Smoothie Queen #1

Compiled by Stephanie, who runs Fork N' Spoon Zine shop, this zine tells us the basic how to on making smoothies, why you should use frozen fruit and not ice, why using a blender is better than using a smoothie maker, the basic ingredients for a yummy smoothie and of course, recipes for smoothies. at
Fork 'N Spoon-
www.retrobugs.com/forkinspoon

J River, my 5 yr old, has completed a zine. It's his drawings and unusual stories dictated to me. He wants pen pals, other zines in the mail, stickers, gifts, you get the idea. He wants the sense of "mail community" that I have, with my involvement with zines.

He said the cutest thing the other day as he was busy drawing, "there has to be a little boy out there that doesn't get mail too."

He drew me as a cheerleader, with long pigtails and pompoms, a midriff top and short skirt-who anyone who knows me, is totally not me. And above it he wrote, as he always signs his drawings "MOM ♥ JAY."

I gluesticked it into his zine and he saw it and was all, no way mom! I don't want kids to see that. So I removed it. But hey, this is my zine so here it is, because I think its major cute.

If your kids want to submit or if you'd like to mail some of their art, send it and we'll include it in his next issue. Also crossword puzzles, easy mazes, that sort of thing--

if you'd like a copy send a little something

his way --

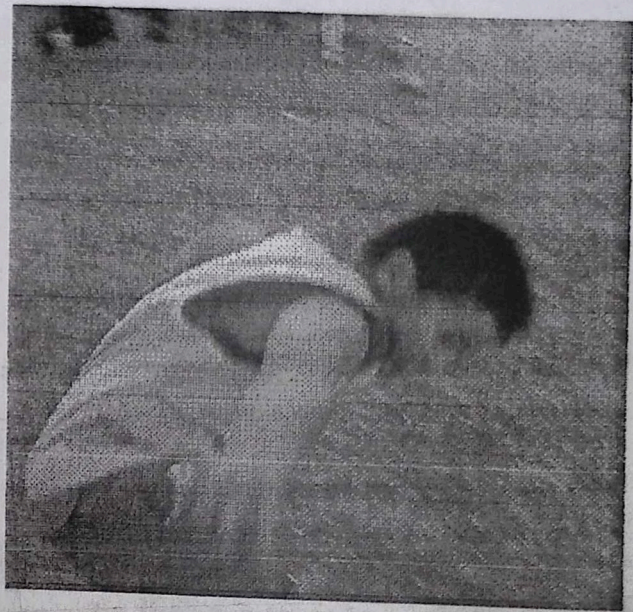
Here's his mailing address (awww):

Jay Martinez

Zine

PO BOX 621

Edinburg, TX 78540



21

Imaginary World

Zachary has many imaginary friends and since they are all his brothers, I have many children. They have the same name, Bob, so it is confusing and we have taken to calling them Bob1, Bob2, Bob3, etc. Their lives are fluid and though I am their mother sometimes, they have many mothers and many homes. Zachary created a map for me once of imaginary world that included lakes and streets and buildings. Zachary says he has visited and possibly his brother Sam too, though Sam would never tell.

More often, the Bobs visit us and though they are invisible to all but Zachary, they are very much a part of our lives. For quite awhile I would inadvertently sit on them until finally Zach told me they were actually jumping beneath me before I sat down. Apparently the Bobs have a sense of humor similar to Zach's.

As time goes on I learn more about the Bobs and their world which has become more complicated. They have pets; a dog named Spot and a hippopotamus named Elbert and they live in Imaginary Town. I am told by Zach that imaginary town is small (approximately 3 or 4 miles across) and is characterized by perpetual ice and snow. This allows for limitless snow ball fights, sledding, and the making of snow angels which Zach says occupies most of the Bobs' time.

Imaginary town is encircled by a sea and within this sea are small islands that are inhabited by what are thought to be extinct animals. There is Dodo Island, Mammoth Island, Saber Tooth Island, and there is a wall around the whole shebang of Imaginary World. Zachary says there is a gate through which one can gain entrance but you have to be a kid and even most kids don't know about it. The gated entrance can be reached through secret portholes which are under the bed, in the back of the closet, through the storm sewer, and under manhole covers. Oh, and everyone in Imaginary World is a vegetarian including the Bobs, though Zach himself eats hamburgers and chicken nuggets.

I am mesmerized by Zach's creation and though I recognize elements of Imaginary World from books we have read or movies we have seen, there is much in Imaginary World that is truly Zach. The Bobs feel real to me too and lately so do Spot and Elbert. Last weekend, Zach and Sam and I were taking a walk and talking a great deal about Imaginary World. I had been asking a lot of questions and I could see the wheels turning when I asked a particularly intricate question. Zachary started off slowly saying "Well, you see Mommy, things are very, very, very different in Imaginary World."

He seemed to be both buying time while also channeling this alternate universe when we were interrupted by a homeless man who asked in a loud, theatrical voice to no one in particular, "If olive oil is made of olives and corn oil is made of corn, what is baby oil made of?"

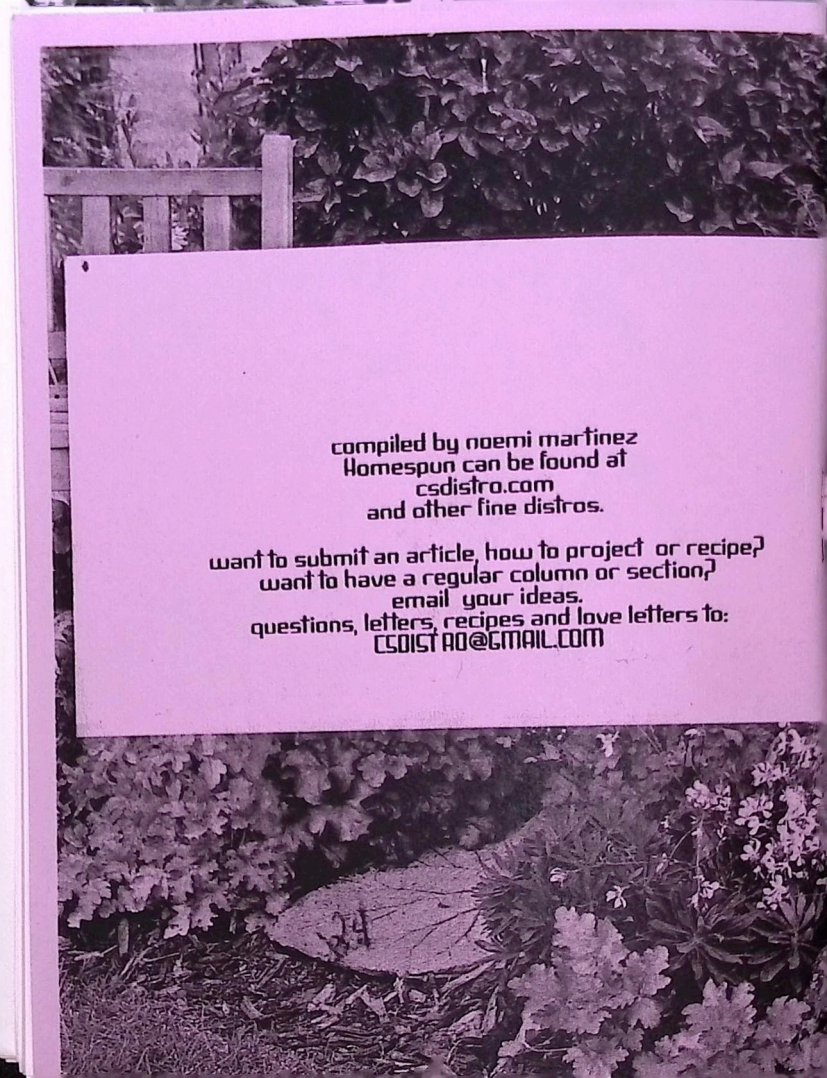
Zachary paused then looked at me and said "Mommy, real people can be so strange." And though I smiled and said nothing to Zachary, I did strongly agree.

Regina Walker

http://philosophicalmother.typepad.com/maternal_journal/

IAV V M O A





compiled by noemi martinez
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csdistro.com
and other fine distros.

want to submit an article, how to project or recipe?
want to have a regular column or section?
email your ideas,
questions, letters, recipes and love letters to:
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